



STATE OF TENNESSEE
BUREAU OF HEALTH SERVICES
DEPARTMENT OF HEALTH
CORDELL HULL BUILDING
425 5th AVENUE NORTH
NASHVILLE, TENNESSEE 37243

August 2009

Dear Healthcare Provider,

THE WIC PROGRAM IS CHANGING! Actually, the WIC foods are changing to include more variety, to decrease saturated fat, and to increase fruits, vegetables and whole grains. This represents the most substantive change to the program since its inception in 1974. The revision will bring the WIC supplemental foods offered to participants in line with the Dietary Guidelines for Americans and with the American Academy of Pediatrics nutrition guidance.

The US Department of Agriculture's Food and Nutrition Service charged the Institute of Medicine's Review Committee of the Food and Nutrition Board to review the WIC Food Packages based on the nutritional needs of the population served by WIC, assessing the supplemental nutrition needs of the WIC population and propose specific changes for the food packages. Additionally, the committee was charged with consideration of cultural diversity, of administrative burden, of national distribution of foods and vendors, and of cost neutrality. Their report, *WIC Food Packages—Time for a Change*, recommends adoption of the plan to increase flexibility, variety, and participant choices as integral to meeting the criteria used by the committee.

In December 2007, USDA's Food and Nutrition Service released the Revisions in the WIC Food Packages Rule for implementation by October 1, 2009. The revised food packages better reflect current nutrition science and dietary recommendations for women, infants and children. The most notable change to the food package for infants is in the amount of *supplemental* formula that will be available. The amount of formula is based on the age of the infant and the feeding method—fully formula fed or partially breastfed.

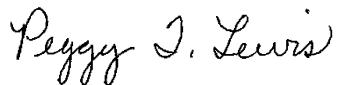
In general, the fully formula fed infant will receive a *supplement* of 26 oz. per day for 0 through 3 months, 29 oz. per day for 4 through 5 months, and 20 oz. per day for the 6 through 11 month old. With the current food package, the formula fed infant receives 26 oz. of formula per day for 0 through 11 months. A partially breast-fed infant 4 months of age will receive *supplemental* formula at a rate of 14 oz. per day. At 6 through 11 months of age, infants will also receive 24 oz. of infant cereal and 32—4oz. jars of infant vegetables and fruits. Fully breastfed infants will receive 24 oz. of infant cereal, 64—4 oz. jars of infant vegetables and fruits, and 31—2.5 oz. jars of infant meats. Infant juice is being eliminated.

The new Tennessee WIC Food Packages for women and children will include a cash value voucher for fresh or frozen fruits and vegetable, whole grains from cereals, breads, brown rice, bulgur, or soft corn or whole wheat tortillas, and only children 12 through 23 months of age can receive whole milk. All other women and children will receive reduced fat milk. Soy beverage and tofu are available for women upon request and with medical documentation for children. The choices of fish for the fully breastfeeding woman have expanded to include salmon and sardines along with light tuna. Food allowances for milk, eggs and juice have been reduced to align with the recommendations of the Dietary Guidelines.

The medical documentation requirement process for therapeutic products and supplemental foods has been streamlined. Tennessee WIC consulted with Board Members of the Tennessee Chapter of the American Academy of Pediatrics (TNAAP) in the design of the forms to enable clear communication between the Healthcare Provider (HCP) and the local WIC clinic staff. The request forms provide for your patient needs for therapeutic formulas and medical foods and for the EXCLUSION of conventional or complementary foods that may be contraindicated. Additionally, we are providing you with an updated list of the WIC qualifying conditions, copies of the request form for therapeutic products and supplemental foods, and the form for requesting soy beverage and tofu for children and additional tofu or cheese for women.

If you would like additional information or an educational session for your staff, please contact me at 1-800-342-5942 or via email at Margaret.T.Lewis@tn.gov or the Nutrition Director at your Regional Health Office. More information about the new WIC Food Packages can be obtained at the Tennessee WIC website: <http://health.state.tn.us/wic/index.htm> or the USDA website at: <http://www.fns.usda.gov/wic/>

Thank you for your attention to the details of this letter.



Peggy T. Lewis, MHE, RD, LDN
Director, Supplemental Nutrition Programs